

Stresses of Being a Celebrity

Some people dream of starring roles, their name in lights and their picture on the cover of magazines. However, the cost is far too high. Despite the glittering lifestyles on the surface, it is not so nice to be a celebrity who is always in public eye. Celebrities lead very stressful lives, for no matter how glamorous or powerful they are, they have too little privacy and too much pressure.

For one thing, celebrities do not have the privacy that an ordinary person has. The most personal details of their lives are splashed all over the front pages of newspapers and magazines. Even a celebrity's family is hauled into spotlight. A teenage son's arrest a wife's drinking problem becomes the subject of glaring headlines. Photographers hound celebrities at their homes, in restaurants and on the street, hoping to get a picture. When celebrities try to do the things that normal people do, like eating out or attending a football game, they run the risk of being interrupted by thoughtless autograph hounds or mobbed by aggressive fans.

In addition to the loss of privacy, celebrities must cope with the constant pressure of having to look great and act right. Their physical appearance is always under observation. Famous women, especially, suffer from the spotlight, drawing remarks on their age or weight. Unflattering pictures of celebrities are photographers' prize to be sold to the highest bidder; thus, this increases the pressure on celebrities to look good at all times. Famous people are also under pressure to act calm and collected under any circumstances. Because they are constantly observed, they have no freedom to blow off steam or to do something just a little crazy.

In conclusion, a famous person gives up private life and feels pressured to look and act certain ways all the time which make his / her stressed. Although many people desire to be famous, an ordinary, calm life is far saner than a life of fame.